

# Frederick County Health Department Annual Report • Fiscal Year 2009



Artwork from participants of the "Kids Like Us" program.



# A Message from the Health Officer

This year's Annual Report highlights some of the many accomplishments of the Frederick County Health Department.

A Strategic Plan for 2008-2013 was developed and took into consideration the internal and external forces that might impact our ability to carry out our mission. The prioritized forces were uncertainties and instabilities with existing human resources and the potential workforce pool, health care trends, multiple issues associated with a diverse population, the effects of the economy, and a lack of current technology and limited use of technology. Various individuals and groups are carrying out the key actions identified in the strategic plan. The outcomes will become even more important as we prepare for another year of significant budget reductions at a time when most of our services are in higher demand.

Despite budget reductions resulting in a 15% reduction of staff providing core public health services like environmental health inspections and cancer prevention, and a 66% reduction in tobacco cessation and prevention funding, no services were eliminated in FY09 although wait times increased for most services. We are bracing for more budget reductions in the next fiscal year. The continued erosion of the public health infrastructure is concerning as we face threats such as pandemic H1N1 influenza and increases in demand for services during these difficult economic times.

Fortunately, we have many partners in Frederick County and Frederick City government along with the community who have augmented our workforce and provided assistance with planning and response to the pandemic H1N1 influenza virus. We anticipate enhancing and broadening collaborative efforts such as this in order to address the community's public health needs with limited resources.

At this time it is impossible to know how prevalent the pandemic H1N1 influenza virus and the seasonal influenza virus will be, how severe it will be and how long it will circulate. While I hope the Health Department will be able to move ahead with several key initiatives such as the development of a more formal program to address co-occurring mental health and substance use disorders, public health dental outreach, and improvement of birth outcomes, the staff effort needed for the Pandemic H1N1 influenza response may require that these initiatives progress more slowly.

In good health,

Barbara A. Brookmyer, M.D., M.P.H.  
Health Officer



## BOARD OF COUNTY COMMISSIONERS FREDERICK COUNTY, MARYLAND

Winchester Hall • 12 East Church Street • Frederick, Maryland 21701  
301-600-1100 • FAX: 301-600-1849 • TTY: Use Maryland Relay  
[www.FrederickCountyMD.gov](http://www.FrederickCountyMD.gov)

Dear Frederick County Citizens:

Excellence in public health is the foundation of our community's quality of life. The Frederick County Health Department provides essential health services and promotes the health and welfare of all Frederick County citizens every day. The Frederick Board of County Commissioners supports and relies upon the expertise of the Health Department to prevent disease and illness, promote wellness and safety, and protect public health. In the face of these challenging times, the importance of public health is ever apparent. We remain steadfast in our confidence of the Health Department's ability to protect and prioritize public health for all citizens.

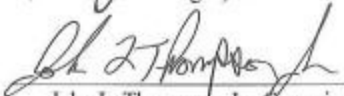
This sixth annual report celebrates the accomplishments of Fiscal Year 2009. Working together, we will continue to fortify the state of health and safety in Frederick County.

  
Jan H. Gardner, President

  
David P. Gray, Vice President

  
Kai John Hagen, Commissioner

  
Charles A. Jenkins, Commissioner

  
John L. Thompson, Jr., Commissioner

## Developmental Center

FCDC provides quality pediatric Audiology Services for children served by the Infants and Toddlers Program, Head Start, Frederick County Public School's Special Education Program, and for uninsured and underinsured children in Frederick County. Working with the Family Support Network Coordinator for the Infants and Toddlers Program, Maryland School for the Deaf and FCPS Partners for Success Coordinators, our Audiologist helped to coordinate a presentation on Parent-to-Parent Mentor Training. As a result of that training, several parents of children with hearing loss or deafness volunteered to become parent mentors to new parents with similar experiences.

The Dental Program serves children who are uninsured or underinsured through oral health care and education. In FY09 the Dental Program was the recipient of two grants to support services for children in need of dental care. One grant, from the office of Oral Health, DHMH, helps to cover costs associated with restorative dental care for children with Medical Assistance or who are uninsured as well as the provision of dental examination for all children enrolled in Frederick County Head Start. The second grant, from the Frederick County Office of Children and Families, funds a dental assistant's time to work with our dentists and to provide community oral health education activities.

The Frederick County Infants and Toddlers Program (FCITP) provides early intervention services for children birth to three years with developmental needs. In FY09 responses from the Maryland State Department of Education Family Outcomes Survey, which is distributed to parents in Frederick County, showed that 91% of families participating in the FCITP report that early intervention services have helped the family know how to help their children develop and learn, exceeding the statewide average of 86%. The FCITP is also inspired by the accolades they receive from the families they serve: *"Thank you so much for everything you have done for Zach and our family...you've helped to push him in the direction to make the effort, and to give him the confidence to speak. It now melts my heart every time I hear him say 'I love you'. He has a voice. Thank you for that."* May 22, 2009



The mission of the Frederick County Respite Care Program is to make a positive impact on the lives of children with complex medical conditions and their families through the funding of respite care. During FY 09, \$10,000 in respite care funds were distributed on behalf of 67 families. Parents utilized funds to defray the expenses of camp tuition and individual child supervision. This is what one parent had to say about the respite fund's program: *"It has given us a much needed break from the demands and stresses of caring for our son...having a little break helps us renew for the ongoing challenges."*

## 2009 Highlights

After many years of planning and exercises, the arrival of the H1N1 influenza virus in April mobilized the Health Department to implement the Frederick County Pandemic Influenza Preparedness and Response Plan. Since pandemics have primarily been discussed in the context of history and in "what if" scenarios, the public understandably had a great need for information about H1N1 influenza and what they could do to protect themselves and their loved ones.

The Health Department rapidly responded to this need by activating our Public Health Command Post and effectively putting our ICS (Incident Command System) training to use by assigning roles and setting objectives to prepare Frederick County for this threat. Representatives from Frederick County Emergency Management performed the invaluable

role of serving as liaison between the Health Department and other Frederick County response partners and community agencies. While getting daily updates from both the Centers for Disease Control and Prevention and the Maryland Department of Health and Mental Hygiene, the Health Department performed its own daily updates to healthcare providers

in the county in order to keep pace with the rapidly evolving situation. The Health Department investigated all potential cases and fielded calls from the hospital and local providers. Many Health Department employees were recruited to staff a call center established to answer the public's questions about the situation. This was later handed off to our colleagues in the 211 Call Center who offered to take over this component of the response effort.

Gratefully, our first exposure to H1N1 influenza was mild. However, it gives one pause to consider that the Health Department devoted over 1000 staff hours during a 12 day period to the H1N1 response effort. A sustained response to a virus that causes more severe symptoms will undoubtedly result in a reduction in usual services, due in large part to funding deficits for our public health infrastructure.

In spite of this, our effective response to this challenge was made possible by the tremendous efforts of our community partners and the many Health Department staff who worked various shifts, extended periods, and in roles that may have been new to them. As a result, we have learned valuable lessons, which will advance our planning and response capacity for the future.





School-Based Occupational and Physical Therapists (OT/PT) work collaboratively with the students IEP team and ensure that children with disabilities are able to participate in and benefit from the learning environment with the fewest possible restrictions. As a result of OT/PT services, children with a variety of disabilities are able to remain in their neighborhood schools along with their sibling and friends. In FY09, therapists worked with the FCPS Americans with Disabilities Act committee to ensure accessibility in the schools where there is new as well as existing construction. For example, all two story school buildings are equipped with transfer equipment to safely exit wheel chair bound students out of the building in case of an emergency.

## Environmental Health

Community Services and Development Review Program (CSDR) provides services in the areas of air and water quality protection, nuisance control, and vector borne illness control (rabies, psittacosis, West Nile Virus). In FY09, CSDR was able to achieve an 8% increase in the number of rabies vaccinations helping to reduce the risk of disease transmission. Another area of focus was implementation of a new unfunded Federal/State mandate for swimming pools and spas – the federal Virginia Graeme Baker (VGB) Act – which affected 99 licensed facilities in Frederick County. To help prevent injuries or death, the VGB Act requires an assessment of entrapment or drowning risks from suction/filtration equipment and to make necessary upgrades or replacement. Multiple inspections and compliance assistance was required of staff to greatly reduce the number of pool closures and impact on establishments and their customers.

Food Control and Consumer Protection Program (FCCP) continued activities related to enforcement of the Maryland



Clean Indoor Air Act that prohibits smoking in indoor areas – a new unfunded State mandate initiated in FY08. In FY09, a complete re-write of State regulations governing food service facilities was finalized by the

Maryland Department of Health and Mental Hygiene in cooperation with Local Health Departments. FCCP is the entity responsible for enforcement of these State regulations. These regulations add new requirements for food service facilities and increase the level of effort and workload for inspections that the FCCP is required to perform.

For the Well & Septic Program, while development review activity was down, other program activity such as addressing failed or contaminated wells, septic system repairs, responding to wastewater spills and nuisance complaints remain steady.

## Health Education & Promotion

The Frederick County Diabetes Coalition, of which the FCHD is a part, received a grant from the American Medical Association Foundation to implement two free glucose, blood pressure and foot screenings. Nearly 100 people attended the screenings. Survey data demonstrated that participants showed improvement when asked if they were aware if they had diabetes, high blood pressure or healthy feet. This grant also funded *Step It Up!*, an 8-week community walking program. A *Step It Up!* participant shared the following, “*I am so thankful for this program! It has helped me to make the commitment... I have gone from being a couch potato to someone who walks 65 minutes every day.*”

The Injury Prevention Program was chosen to partner with Frederick County Public Schools in the implementation of a Safe Routes to School grant from the Maryland Highway Safety Office. Under this grant, the Injury Prevention Program will encourage safe walking and biking to school in seven targeted schools across the county. Encouragement efforts will include bike rodeos, an after-school bike club, and establishment of walking school buses.



Nutrition Services conducted its second year of the national program WE CAN (Ways to Enhance Children's Activity and Nutrition) parent component, which targets underserved parents of young children with fun nutrition and physical activity messages. Fifty-two parents successfully completed the program. By the end of the course, 84% had increased their fruit and vegetable intake and 82% had increased their physical activity. Three months after completing the program, 44% were still eating more fruits and vegetables most days of the week than before they started the program and 34% were more physically active than before participating in the program.

By expanding outreach efforts, which included breastfeeding promotion, the Women, Infants & Children Supplemental Nutrition and Food Program (WIC) is now offering breastfeeding classes on a daily basis. Additionally, in FY09, nutrition education classes conducted during check pick-ups focused on preparing WIC participants for the new WIC food package effective October 2009. Clients are enthusiastic as the new food package offers most of the items previously provided, plus fresh, canned & frozen fruits and vegetables, whole wheat breads, brown rice, soft corn tortillas, whole wheat tortillas, along with jarred baby foods—fruits, vegetables, & meats.

## Health Information Technology

In FY09 Computer Information Technology implemented several programs to improve our health care quality and efficiency. Electronic Medical Records or EMR was added to our computer software system as was Info Scribe, a prescribing and medication management system that can transmit prescriptions to a pharmacy. A new Lab Tracking system allows one to follow the lab tests and results performed for a patient or sent to an outside source for testing. Also implemented this year is a program called Document Management, which electronically captures patient information, through scanning, allowing for secure access to paperless patient records. It also helps to facilitate document lifecycle management and document delivery and storage.

## Maryland Children's Health Program (MCHP)

In FY09, the FCHD's Medical Assistance Eligibility Unit provided comprehensive health care through the Maryland Children's Health Program (MCHP) to 7,363 pregnant women and children in Frederick County. The expansion of this program on July 1, 2008 provided coverage to an additional 1,490 parents, children, and other family members caring for children through the Families and Children Program (FAC). In addition to these programs, eligibility decisions were completed for the Kaiser Permanente Bridge Program. This program helps those who suddenly find they cannot afford health coverage because of a change in job status or income and who are not eligible for Medicaid or Medicare. Health coverage was provided to 97 individuals through this program.



## Mental Health

The Adult Evaluation and Review Services (AERS) and Medical Assistance Personal Care (MAPCP) Programs continued to assist Frederick County residents in having their care needs met within the community in FY09, working to prevent premature and/or unnecessary nursing facility placements. Several area nursing facility residents were successfully relocated to the community with state waiver services with the assistance of AERS. While typically serving the elderly, AERS staff advocated for, and assisted many under the age of 60 who were at risk for nursing facility placement, and in need of community-based services. The MAPCP continued to link personal care providers with homebound clients who required assistance with bathing, toileting, dressing and other personal care needs.

The Mental Health Services Division (MHS) stands firm in its commitment to the people of Frederick County to provide the highest quality of outpatient mental health care to our neediest citizens. The multidisciplinary staff is comprised of fully credentialed professionals in the areas of psychiatry, psychology and clinical social work. In FY09, MHS expanded weekend hours so that our outpatient clinic is open every Saturday from 8:00 am to 12:00 pm. A part time child psychiatrist was hired to address the demand for services for the child and adolescent population. Additionally, mental health outreach efforts included a presentation to the public at a forum sponsored by the Alpha Kappa Alpha Sorority regarding mental health issues in the African American Community, providing mental health services to the Walkersville and Catocin High School areas, and a presentation to the Depression and Bipolar Support Alliance.



## Office of Public Health Preparedness & Response (OPHPR)

OPHPR is responsible for the planning, training and response of the Health Department in the event of a public health emergency. OPHPR also provides community and partner agency education. In preparation for the 2009 Presidential Inauguration, OPHPR sponsored trainings for the Health Department, county agencies, and volunteer staff on setting up emergency medication clinics and had staff on standby in case they were needed. In addition, the Health Department opened up its Public Health Command Post in order to monitor the situation and easily keep in touch with other Health Departments and partner agencies. With the development of the 2009 Pandemic H1N1 virus, OPHPR and the Health Department were able to rapidly set-up multiple methods to communicate with the public and partner agencies through the use of daily teleconferences with medical providers, and telephone hotlines. OPHPR continued to enhance the Health Department's emergency planning in the areas of emergency medication clinics and sheltering of medically fragile individuals.



## Public Health Nursing

The Chronic Disease Prevention Program continues to strive to improve the health and wellness of Frederick County residents by reducing the incidence and mortality rate of breast, cervical, colon, prostate, and skin cancers. In FY 09, in partnership with Maternal Child Health, Chronic Disease participated in the Children's Festival at Baker Park. Utilizing the



theme, "Keep it Healthy...You, Your Home, Your Environment," 256 residents were provided literature about skin cancer. We also targeted and educated a total of 2,695 Frederick County residents with our skin cancer message, and our media campaign reached 119,889 individuals.

Staff in the Clinical Services Program provide clinical services in the Family Planning, Colposcopy, and Sexually Transmitted Disease Clinics. In FY09, Clinical Services began offering contraceptive education, in addition to preventive (risk reduction) education, to males who attended the STD clinic. Education was provided to 119 males, 40% were between the ages of 20-24. Additionally, the regional DIS (Disease Intervention Specialist) position for Western Maryland was filled in January, 2009. The DIS received 265 referrals that resulted in 94 patient interviews, more than could have been interviewed by each local program. Risk reduction education was provided to all clients referred. Family Planning also received positive feedback from its annual client survey. One of the clients shared, "I really appreciate what you all do. This is a wonderful place and everyone is so friendly and great."

During FY09, the Communicable Disease and Preparedness Program experienced a significant increase in the administration of Hepatitis A and B vaccines. Compared to FY08, the number of Hepatitis B vaccines administered increased by 146% and the number of the combination Hepatitis A/B vaccine administered increased by 171%, in FY09.

Disease Surveillance noted a 155% increase from last year in the number of individuals involved in gastrointestinal outbreaks. Additionally in FY09, there was a 69% increase in reportable illnesses in comparison to FY08.

This school year, the Guys Only!/Girls Only! After School Program served 147 youth in four middle schools in Frederick County. While enrolled in the award winning program, young people had the opportunity to engage in dialogue about responsible decision making, peer pressure, sexual pressures, media influences, and drug and alcohol use. In addition, GO! participants volunteered for several community service projects. Upon program completion, participants and their families attended "graduation" ceremonies and received certificates of completion.



Healthy Start provides pregnancy, fetal, infant and child health education and assists with access to care and referrals to community resources. During FY09, 86% of Healthy Start Up clients began prenatal care in the 1<sup>st</sup> trimester. According to the Vital Statistics Preliminary report for 2008, 78% of Frederick County births began prenatal care in the 1<sup>st</sup> trimester. Some results from the FY09 Maternal Child Health Survey showed that 62% of Healthy Start clients attended child birth education classes vs. 29% of non-Healthy Start clients. Also, 83% of Healthy Start clients stated they received postpartum depression education while only 52% of non-Healthy Start clients reported receiving this education.

The HIV Program added a program for medical transportation as well as Non-Medical Case Management services, which provides short term advice and assistance in obtaining medical, social, community, legal, financial, and other needed services. HIV testing services also expanded to additional locations in the community.

Under Title VI of the Civil Rights Act of 1964, the Non-English Speaking Program of the Health Department provides quality Limited English Proficiency services to our clients in order to assure equal access to care. In addition, our Interpreter staff participate in multiple community outreach opportunities to inform our non-English speaking population of our services.

The Rabies Program saw an increase of 71%, compared to last year, in the number of clients receiving rabies post exposure vaccine as a result of contact with a suspected or confirmed rabid animal.

Under the Tuberculosis Program (TB), a new medication treatment course for TB infection has increased the client completion rate to 100% compared to 68% with the old treatment plan. Previously, clients with TB infection would take medication for nine months. With the new medication treatment plan, clients take medication for four months.

## School Health

The School Health Division prevents, identifies and responds to student health problems through the delivery of health services and health education. One of the services that School Health provides is vision and hearing screening to public and private school students. The goal of vision and hearing screening is the early detection and intervention of students who may not have normal hearing and/or vision. In FY09, School Health screened more than 13,400 public and private school students for vision and hearing deficits. Of the students screened, 2,827 were referred for a follow-up evaluation. Of the students referred, 1,230 were followed up for vision and hearing concerns. Early detection of vision or hearing deficits is essential so students may obtain maximum benefit from their educational opportunities.

## Scott Key Center

The Scott Key Center (SKC) has been a division of the Frederick County Health Department since 1982 and provides services to residents of Frederick County who are ages 21 and over with developmental disabilities. Employment opportunities are provided to meet the person's individual needs, whether it is competitive employment, supported employment or vocational training. Employment opportunities are provided at the Scott Key Center and at various businesses throughout Frederick County. In FY09, the SKC's building went through a number of incredible changes. Prior to construction beginning, the SKC facility was bulging at the seams- work projects for SKC developmentally disabled clients dictated that extra space was needed in order to move forward with its mission. The SKC added nearly 5,000 square feet of much need work space, complete with a loading dock to facilitate large workloads. Because of the newly added office wing, areas that were used as offices for years can now be returned to conference rooms and work areas. In addition, there have been many welcomed upgrades to the existing facility – new HVAC systems, new sidewalks, new IT network system, and a new lighting system that brightens a once-dim central hallway. SKC is excited about these improvements and eager to continue serving the needs of the developmentally disabled and meeting the employment needs of the Frederick community.

## Substance Abuse

Under Prevention Services, the “Kids Like Us” (KLU) program celebrated 20 years of delivering supportive, educational services to high-risk children who attend public schools in Frederick County and live in situations where family substance abuse is an issue. To celebrate 20 years of effort, the “Kids Like Us” staff organized the “Children Affected by Family Substance Abuse Mini-Conference” on May 20, 2009. The half-day conference hosted 45 attendees and included a keynote address by a consultant with the National Association of Children of Alcoholics, a review of the recent evaluation of the KLU program, and an awards ceremony recognizing the schools and other key personnel who have contributed to the success of the KLU program. The event concluded with a moving presentation by a former KLU participant who shared her experiences as a child living in a household with an addicted parent, and how the KLU program helped her cope and overcome the struggles that she faced as a young child.

In FY09, for adults receiving Level I outpatient services under Treatment Services, the average arrest rate per client decreased by 85%, 55.5% completed treatment or were transferred/referred to another level of care, and 72.9% of those completing or transferring to another level of care increased their employment.



## Program Data Fiscal Year 2009

The Frederick County Health Services Division provides for the public health with approximately twenty five million dollars in State, County and Federal funding. The County Health Services Division uses the many sources of funds to create the best possible public health effort for Frederick County citizens. The following is a list of services provided in fiscal year 2009.

### Administration

Birth Certificates Issued 5529

Death Certificates Issued 7730

MD Children's Health Insurance

MCHP Applications 8064

Pregnant Women 725

Children 6245

Newborns 393

Families 701

### *Water Quality & Waste Disposal*

Tests of Onsite Sewage Disposal Systems 1418

Alternative Sewage System Evaluations 12

Building Permits & Zoning Certifications 1667

Individual Onsite Water Inspections 140

### *Food Control*

Food Service Facilities Inspections 2569

Food Borne Illnesses Investigated 6

Temporary Facilities Inspected 565

Institutional Inspections Food & Non-food 105

Nuisance Inspections 162

### Developmental Center

Infants & Toddlers Program

Infants & Toddlers served 540

School Based Services

Occupational Therapy &

Physical Therapy clients 650

Audiology Services

Audiology clients 801

Recipients of Respite services 67

Dental Visits for Children 4851

### Health Education & Promotion

#### *WIC*

Clients 7364

Post Partum Women 413

Breastfeeding Women 452

Infants 2213

Children 2899

Certifications 2501

Recertifications 6783

Check Pick-up 55,758

#### *Injury Prevention*

Total Served 3039

Car seats checked 539

Total car seats distributed 54

Total bike helmets distributed 37

Bike Rodeo participants 86

Smoke alarms distributed 35

Carbon Monoxide detectors distributed 153

#### *Nutrition*

Community & Educational Speeches 10

Number attended speeches 219

Community Health Fairs or Screenings 3

Number of contacts 304

### Environmental Health

Community Services

Subdivision Plats Reviewed 677

Bathing Beaches Inspected 19

Air Quality Inspections 55

Swimming Pool &

Mobile Home Park Inspections 358

Rabies Vaccinations for cats & dogs 970



#### *Nutrition continued:*

Number of walking clubs	2
Number of participants	105
Number of miles walked	3986
EEO trainings	6
Number of people trained	22
WE CAN Program sessions	6
Number reached	52
Diabetes Coalition meetings	10
Private counseling sessions	142
Number of clients	52

### Mental Health Services

Adult Clinic Visits	7195
Child & Adolescent Visits	2765
Personal Care Visits	5781
AERS Evaluations of the Elderly	724
Number of hours for Nursing Home Trainings	28

### Public Health Nursing

#### *Maternal & Child Health*

Visits to Pregnant Women	1683
Healthy Start Child Visits	333
Case Referrals	11
Education to Groups	339
Lead Poisoning Education	1435

#### *Clinical Services*

Family Planning Visits	4739
Colposcopy	250
Sexually Transmitted Disease Treatment	1114
Abnormal Pap & Breast Referrals	199
Education Program for "Guys Only"	147
Spanish Interpretation Services	
Clinic Visits	1402
Telephone consult & assistance	2292

#### *Communicable Disease*

HIV/AIDS	95
Immunizations	8086
TB/Refugee/Migrant Visits	1532

#### *Cancer Programs*

Education and Outreach	4897
Breast & Colon Cancer Screening	684

#### *Employee Health & Safety*

Health & Safety Classes	31
-------------------------	----

### School Health

Health Room Visits	162,500
Treatments Administered	35,756
Medications Administered	73,142

### Scott Key Center

Clients	115
Competitive Employment	11
Competitively & Supported Employment	61
Supported Employment only	45
Sheltered Employment	59
(Some clients are employed in multiple programmatic areas)	

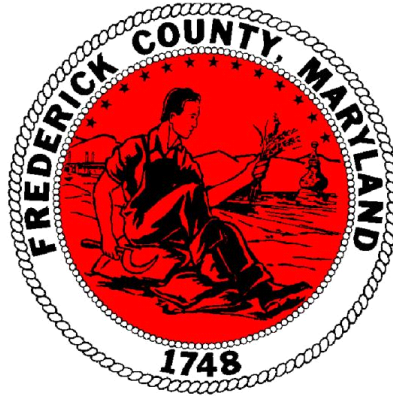
### Substance Abuse

#### *Clinic Visits*

Adult Visits	10,703
Adult IOP	3639
Adolescent Visits	3363
Adolescent IOP	1340
Detention Center Individual Visits	2334
Methadone Visits	7597

#### *Community Education*

"Kids Like Us" Program	156
Smoking Cessation Services	965
Tobacco Education Services	52,555
Alcohol & Drug Education Services	7962



**Frederick County Health Department**  
350 Montevue Lane  
Frederick, Maryland 21702  
301-600-1029 • Maryland Relay 1-800-735-2258  
[www.frederickcountymd.gov/HealthDept](http://www.frederickcountymd.gov/HealthDept)

